



Report Date: May 24, 2017 00:36 EDT

Nutrient values and weights are for edible portion.

Minerals

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Calcium, Ca	mg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Iron, Fe	mg	0.00	--	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Magnesium, Mg	mg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Phosphorus, P	mg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Potassium, K	mg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Sodium, Na	mg	2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Zinc, Zn	mg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Copper, Cu	mg	0.004	--	0.003	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Manganese, Mn	mg	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/1986
Selenium, Se	µg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Thiamin	mg	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Riboflavin	mg	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Niacin	mg	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Pantothenic acid	mg	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Vitamin B-6	mg	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Folate, total	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Folate, DFE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Choline, total	mg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2006
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/1986
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2015
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2002
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2002
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2002
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2002
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2002
Vitamin E (alpha-tocopherol)	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	11/2002
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2002
Lipids													
Fatty acids, total saturated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986

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6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
14:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
16:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
18:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Fatty acids, total monounsaturated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
18:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Fatty acids, total polyunsaturated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
18:2 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
18:3 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	09/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Amino Acids													
Tryptophan	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Threonine	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Isoleucine	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Leucine	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Lysine	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Methionine	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Cystine	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Phenylalanine	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986

[illegible]

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Alcohol, ethyl	g	37.9	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2002